

## **Abstract**

A dual functional pedal-operated exercise bicycle comprises : a front wheel,  
a rear wheel mounted to a rear end of a frame, a pair of reciprocating pedals  
5 disposed to two sides of the frame, a crank means disposed to a middle portion  
of the frame characteristically rotated in a backward direction, a chain system,  
and a pair of rotating direction transmitting gears, and further comprising a rear  
wheel lifting stand to use for an indoor exercising therefore.